

***These ISTAR Kindergarten Readiness matrices are based on the 2007 Indiana Academic Standards, and were first presented in 2009. The 2009 ISTAR KR matrices reflect the reliability, alignment, and standardization research completed in 2010. The performance skills progress across the page from left to right to independence prior to attending kindergarten. There is NO Indiana Common Core Standard (INCC) title for this KR standard category. Revision September, 2012.***

## **ISTAR-KR Matrix: Personal Care**

### **Office of Special Education Programs (OSEP) Federal Outcome 3**

<b>ISTAR KR: Oral Motor</b>				
<b>No Evidence</b>	<b>Coordinates sucking, swallowing, breathing</b>	<b>Swallows pureed or lumpy food</b>	<b>Uses tongue to move and munch solid food</b>	<b>Chews with rotary movement</b>
	Opens and closes lips in succession	Coordinates sucking, swallowing, breathing	Swallows pureed or lumpy food	Uses tongue to move and munch solid food
	Purses and rounds lips	Closes lips when swallows	Extends tongue	Manipulates food laterally
	Swallows liquid without choking or gagging in a semi-reclining position and without much leakage	Accepts pureed or lumpy food from spoon and swallows	Sweeps tongue around mouth and lips	Chews with lips together
	Makes a smile and a frown		Manipulates food with tongue	

<b>ISTAR KR: Self-Feeding</b>					
<b>No Evidence</b>	<b>Cooperates with feeding</b>	<b>Assists in feeding self</b>	<b>Feeds self</b>	<b>Uses utensils and open cup to feed self</b>	<b>Serves self food and drink</b>
	Places hands on bottle, or holds own bottle	Cooperates with feeding	Assists in feeding self	Feeds self	Uses utensils and open cup to feed self
	Accepts food from a spoon	Drinks from cup with assistance	Holds and drinks from open cup with some spilling	Uses utensils to feed self	Pours liquid from a container into cup
	Uses tongue to reject food	Grasps eating utensils	May practice feeding self with a spoon	Drinks from open cup without spilling	Spoons food from a container to own plate
	Brings food to mouth with hand	Uses sippy cup or alternate closed cup			Spreads with knife
		Uses fingers to eat small pieces of food			

<b>ISTAR KR: Dressing/Undressing</b>			
<b>No Evidence</b>	<b>Cooperates in dressing/undressing</b>	<b>Assists in dressing/undressing</b>	<b>Completes dressing/undressing</b>
	Holds up arm or leg to dress	Cooperates in dressing/undressing	Assists in dressing/undressing
	Allows caregiver to dress and undress him/her	Assists in removal of pull-over or front opening garments	Removes socks or shoes
	Extends neck when clothing pulled over head	Assists in removal of pants/shorts	Puts on socks and shoes
		Takes off coat, jacket, caregiver unfastens	Removes loose fitting clothes
		Pulls up pants after caregiver assists	Unfastens and fastens fasteners, button, snaps, zippers
		Puts on coat, jacket, caregiver fastens	Gets clothes right-side and front and back correctly
		Unzips or zips, after caregiver prepares	Puts on pants/shorts
		Puts on unfastened shoes	Puts on coat, jacket, hat, and mitten or gloves
			Puts shoes on correct feet

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<b>ISTAR KR: Care of hands, face, nose</b>			
<b>No Evidence</b>	<b>Cooperates in personal care routines</b>	<b>Assists in personal care routines</b>	<b>Completes personal care routines</b>
	Cooperates in washing and drying hands	Cooperates in personal care routines	Assists in personal care routines
	Cooperates in washing and drying face	Rubs hands together to wash and dry	Washes and dries hands completely
	Allows nose to be wiped	Gets soap and washcloth/napkin	Uses tissue to clean nose
	Dries palms	Recognizes need to clean hands, nose, face	Washes and dries face
		Dries tops of hands	
		Dries face	
		Blows nose into a held tissue	

<b>ISTAR KR: Toileting</b>			
<b>No Evidence</b>	<b>Demonstrates awareness</b>	<b>Participates in toileting</b>	<b>Completes toileting independently</b>
	Indicates awareness of soiled diaper	Demonstrates awareness in toileting	Participates in toileting
	Cooperates with being placed on toilet	Anticipates and communicates toileting needs	Manages clothing for toileting
		Uses toilet with help	Uses toilet paper
		Toilets at scheduled time	Flushes toilet
			Washes hands after toileting